

**NOTE:**  
Please read all  
instructions carefully  
before using this product

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**Model**  
**MWB-345**

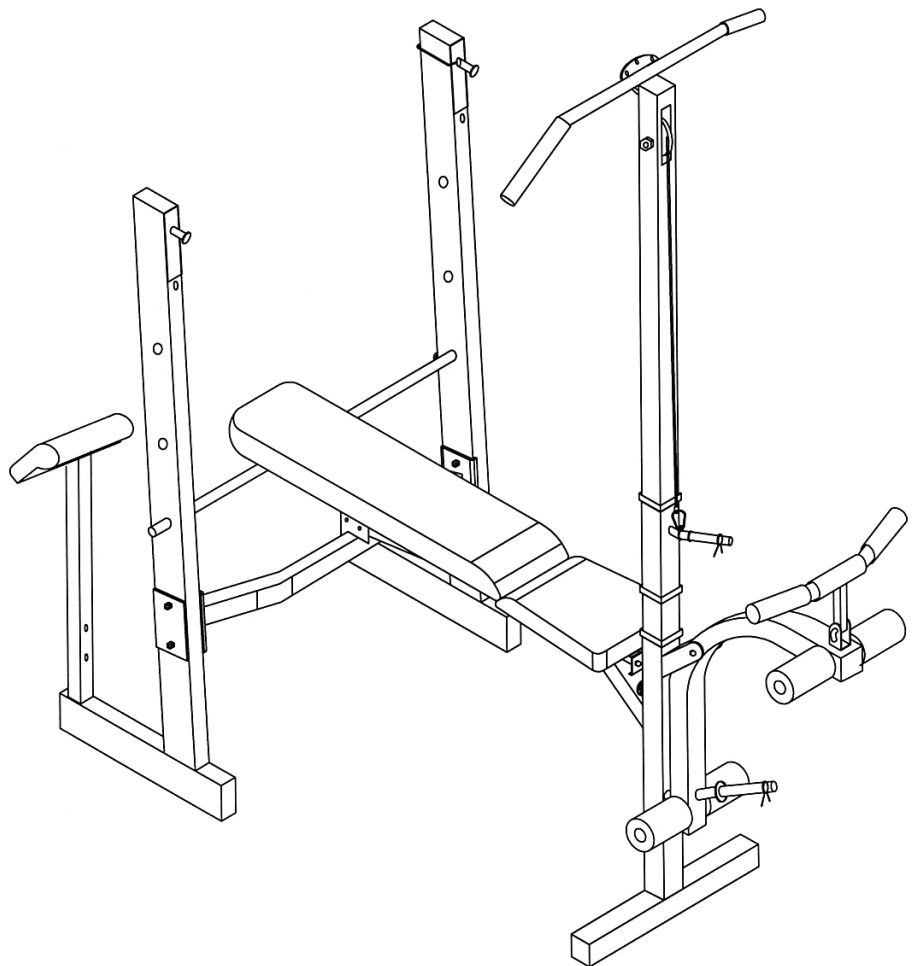
**Retain This**  
**Manual for**  
**Reference**

**02-25-05**

**OWNER'S**  
**MANUAL**

# IMPEX

## MARCY MWB-345 BENCH



**IMPEX INC.**

**14777 Don Julian Rd., City of Industry, CA 91746**

**Tel: (800) 999-8899 Fax (626) 961-9966**

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY MWB-345 BENCH by IMPEX INC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

[www.impex-fitness.com](http://www.impex-fitness.com)

[info@impex-fitness.com](mailto:info@impex-fitness.com)

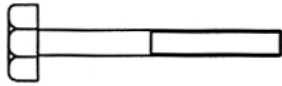
## **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

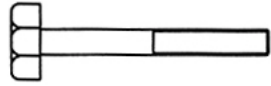
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

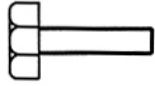
**SAVE THESE INSTRUCTIONS.**



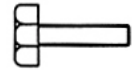
#2 M10 x 2  $\frac{3}{8}$ " Hex Bolt ( Qty 6)



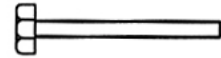
#32 M10 x 2  $\frac{1}{8}$ " Hex Bolt (Qty 1)



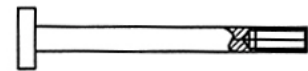
#46 M10 x  $\frac{3}{4}$ " Hex Bolt (Qty 2)



#20 M8 x  $\frac{3}{4}$ " Hex Bolt (Qty 3)



#50 M6 x 1  $\frac{1}{2}$ " Hex Bolt (Qty 8)



#44 Allen Socket Axle (Qty 1)



#45 Allen Socket Screw (Qty 1)



#4 M10 Aircraft Nut (Qty 9)



#49 M8 Aircraft Nut (Qty 1)



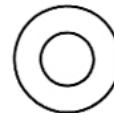
#29 Pulley Bushing (Qty 2)



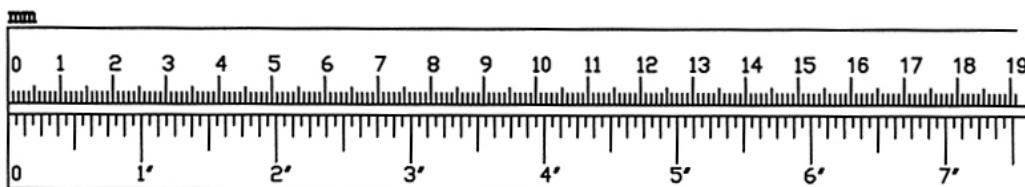
#51  $\varnothing \frac{1}{2}$ " Washer (Qty 8)



#21  $\varnothing \frac{5}{8}$ " Washer (Qty 5)



#3  $\varnothing \frac{3}{4}$ " Washer (Qty 18)



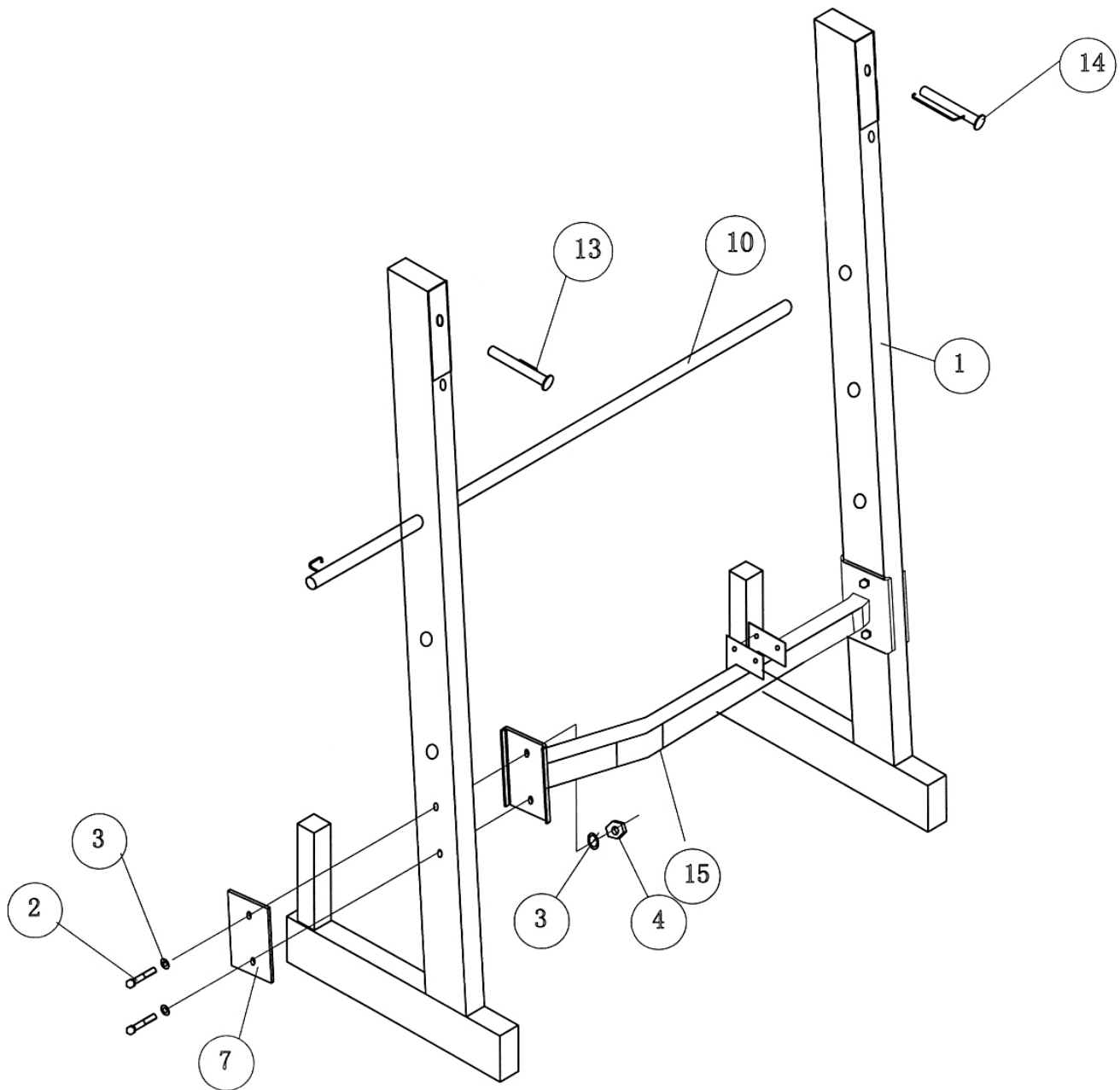
# ASSEMBLY INSTRUCTION

Tools required assembling the machine: Two Adjustable Wrenches and Allen Wrenches. **NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.**

## STEP 1 (SEE Diagram 1)

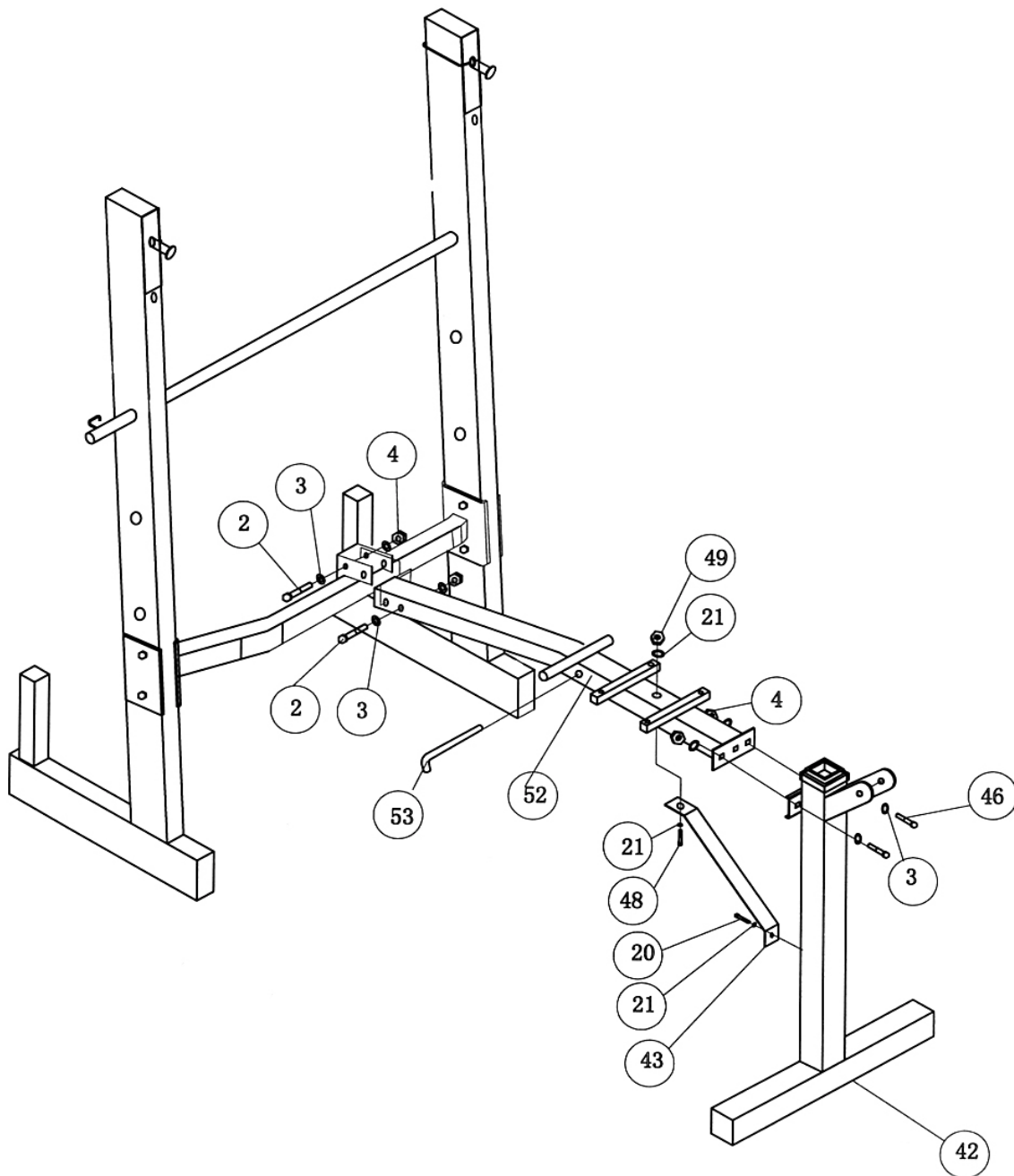
- A.) Connect the two Rear Upright Beams (#1) by a Cross Brace (#15) in the Mid-span. Secure them with two M10 x 2 3/8" Hex Bolts (#2), four  $\varnothing$  3/4" Washers (#3), one Bracket (#7), and two M10 Aircraft Nuts (#4) on each end of the Cross Brace.
- B.) Insert the Backrest Adjustment Bar (#10) through a selected hole to obtain desired incline of Backrest.
- C.) Insert the two Bar Catches (#13) & (#14) into the selected hole on the Rear Upright Beams (#1) to obtain the desired height to hold the weight bar.

**DIAGRAM 1**



## STEP 2 (SEE DIAGRAM 2)

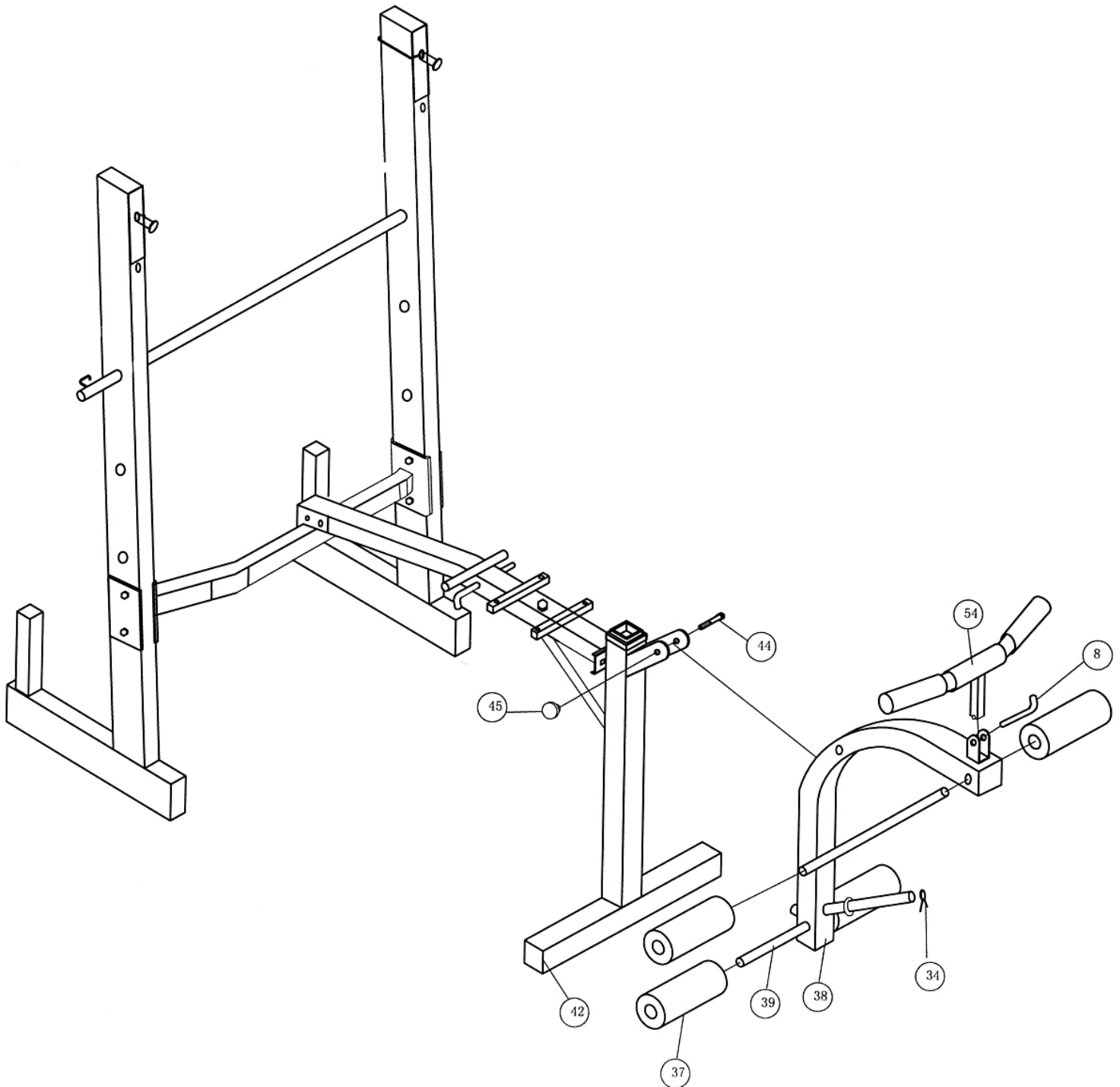
- A.) Connect the Front Stabilizer (#42) to the Main Seat Support (#52). Secure them with two M10 x  $\frac{3}{4}$ " Hex Bolts (#46), four  $\varnothing \frac{3}{4}$ " Washers (#3), and two M10 Aircraft Nuts (#4). DO NOT tighten the nuts and bolts yet.
- B.) Connect the Main Seat Support (#52) to the open bracket on the Cross Brace (#15). Secure them with two M10 x 2  $\frac{3}{8}$ " Bolts (#2), four  $\varnothing \frac{3}{4}$ " Washers (#3), and two M10 Aircraft Nuts (#4).
- C.) Connect one end of Diagonal Support (#43) to the Main Seat Support (#52). Secure it with one M8 x 2  $\frac{1}{8}$ " Hex Bolt (#48), two  $\varnothing \frac{5}{8}$ " Washers (#21) and one M8 Aircraft Nut (#49). Connect the other end to the Front Stabilizer (#42). Secure it with one M8 x  $\frac{3}{4}$ " Hex Bolt (#20) and  $\varnothing \frac{5}{8}$ " Washer (#21).
- D.) Securely tighten all the nuts and bolts previously installed.
- E.) Insert a Long Lock Pin (#53) into the hole on the Main Seat Support (52). NOTE: The Pin is not designed to sustain any heavy weight. Only use the pin when changing the backrest board to a vertical position when doing Walk-in-Squat from the rear.



### STEP 3 (SEE DIAGRAM 3)

- A.) Attach the Leg Developer (#38) onto the bracket on the Front Stabilizer (#42). Secure it with an Allen Socket Axle (#44) and Allen Socket Screw (#45).
- B.) Insert two Foam Roll Tubes (#39) halfway through the hole on the Leg Developer. Push four Foam Rolls (#37) onto the Tube from both ends. Plug four Ø 1" Foam Roll End Caps (#36) onto each end of the Tubes.
- C.) Clip a Spring Clip (#34) onto the post on the Leg Developer.
- D.) Attach the Arm Curl Handle Support (#54) to the Leg Developer. Secure it with a Short Lock Pin (#8).

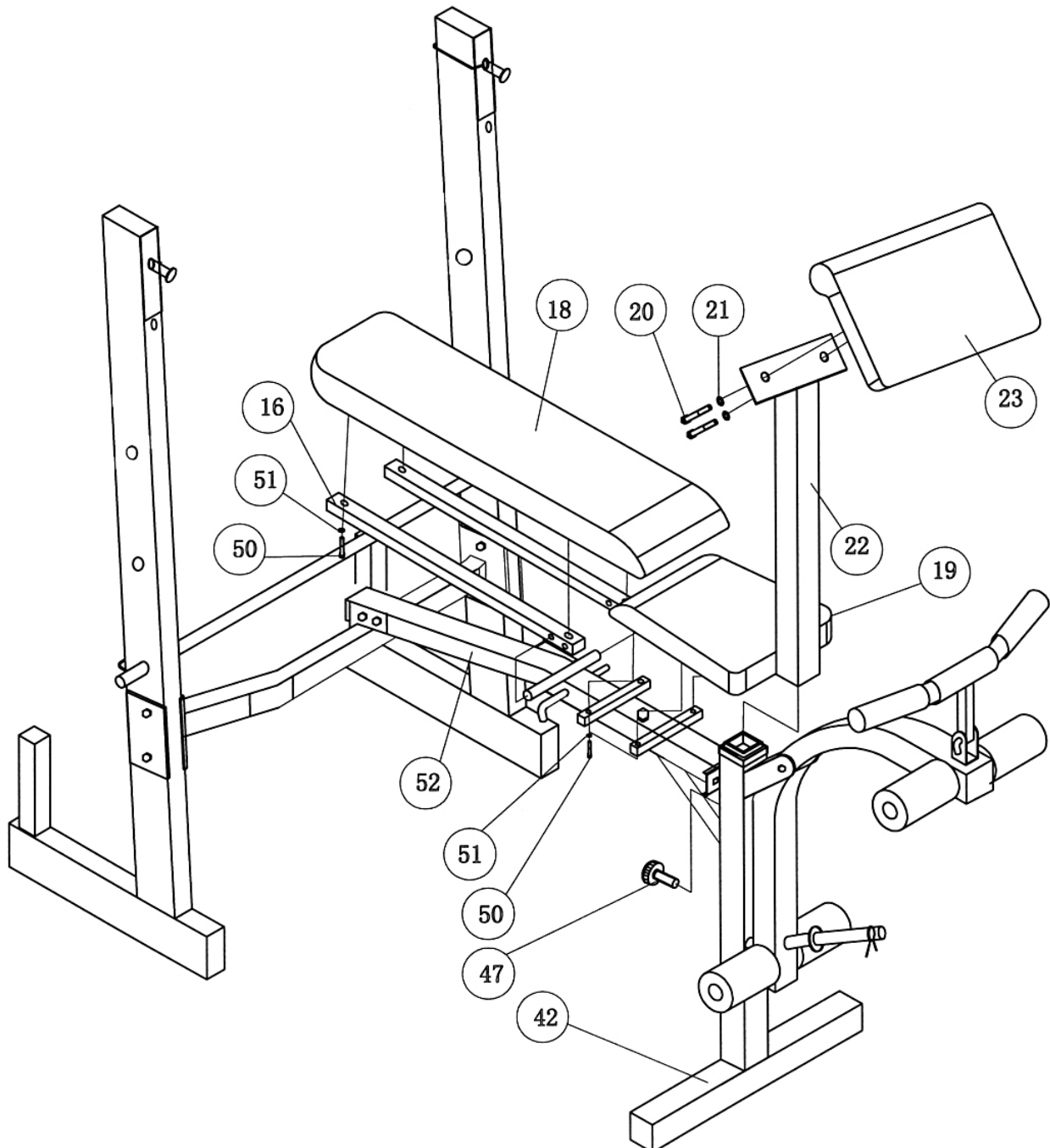
**DIAGRAM 3**



## STEP 4 (SEE DIAGRAM 4)

- A.) Attach the hole-side of the Backrest Supports (#16) onto both ends of the Pivot on the Main Seat Support (#52). The other side rest against the Backrest Adjustment Bar (#10).
- B.) Place the Backrest Board (#18) onto the Backrest Supports (#16). Secure it with four M6 x 1 3/8" Hex Bolts (#50) and  $\varnothing$  1/2" Washers (#51).
- C.) Place the Seat (#19) onto the bracket on the Main Seat Support (#52). Align the holes and secure it with four M6 x 1 3/8" Hex Bolts (#50) and  $\varnothing$  1/2" Washers (#51).
- D.) Attach the Arm Curl Pad (#23) to the Arm Curl Stand (#22). Secure it with two M8 x 5/8" Hex Bolts (#20) and  $\varnothing$  5/8" Washers (#21).
- E.) Insert the Arm Curl Stand (#22) into the opening on the top of the Front Stabilizer (#42). Secure it with a Knob Bolt (#47).

**DIAGRAM 4**

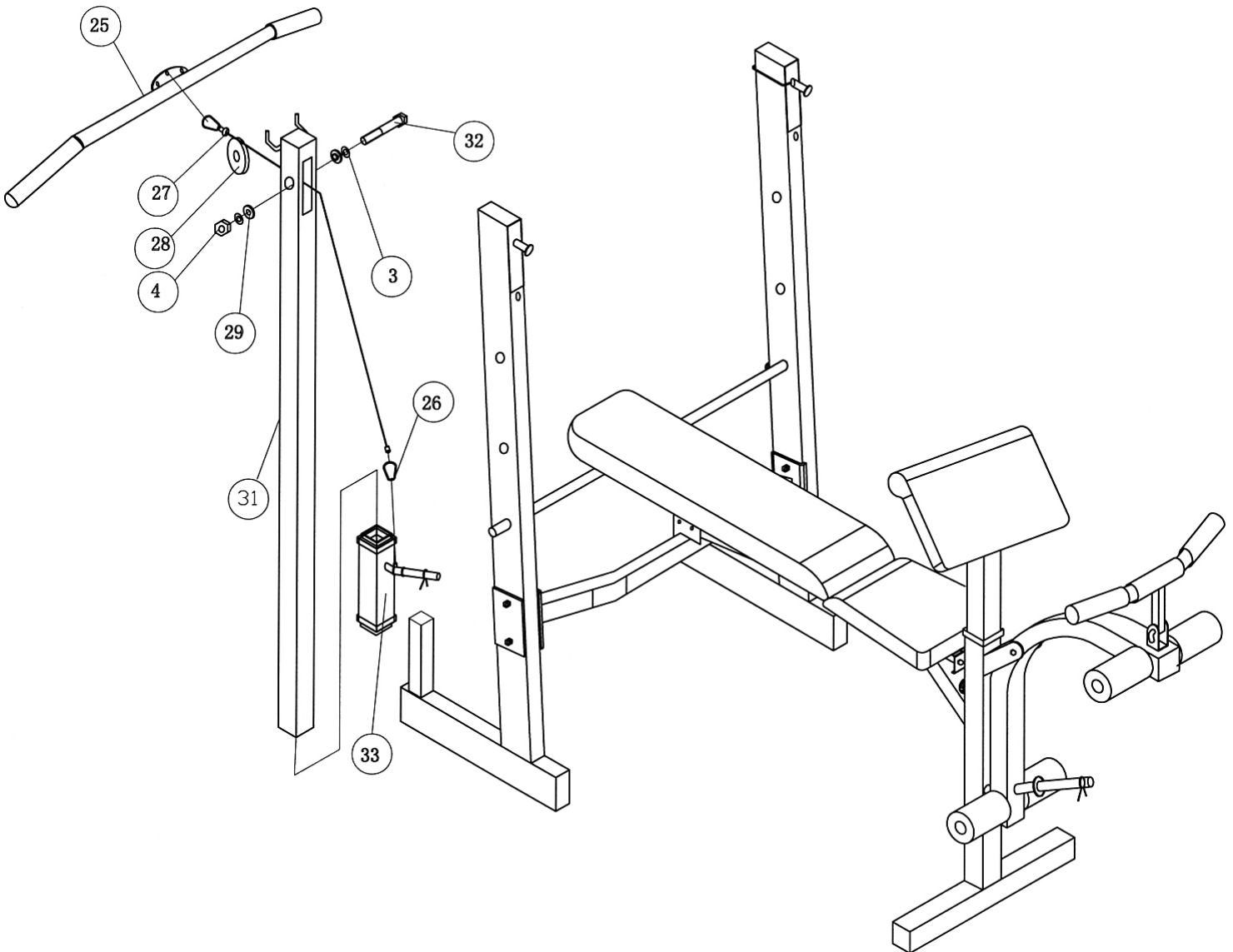




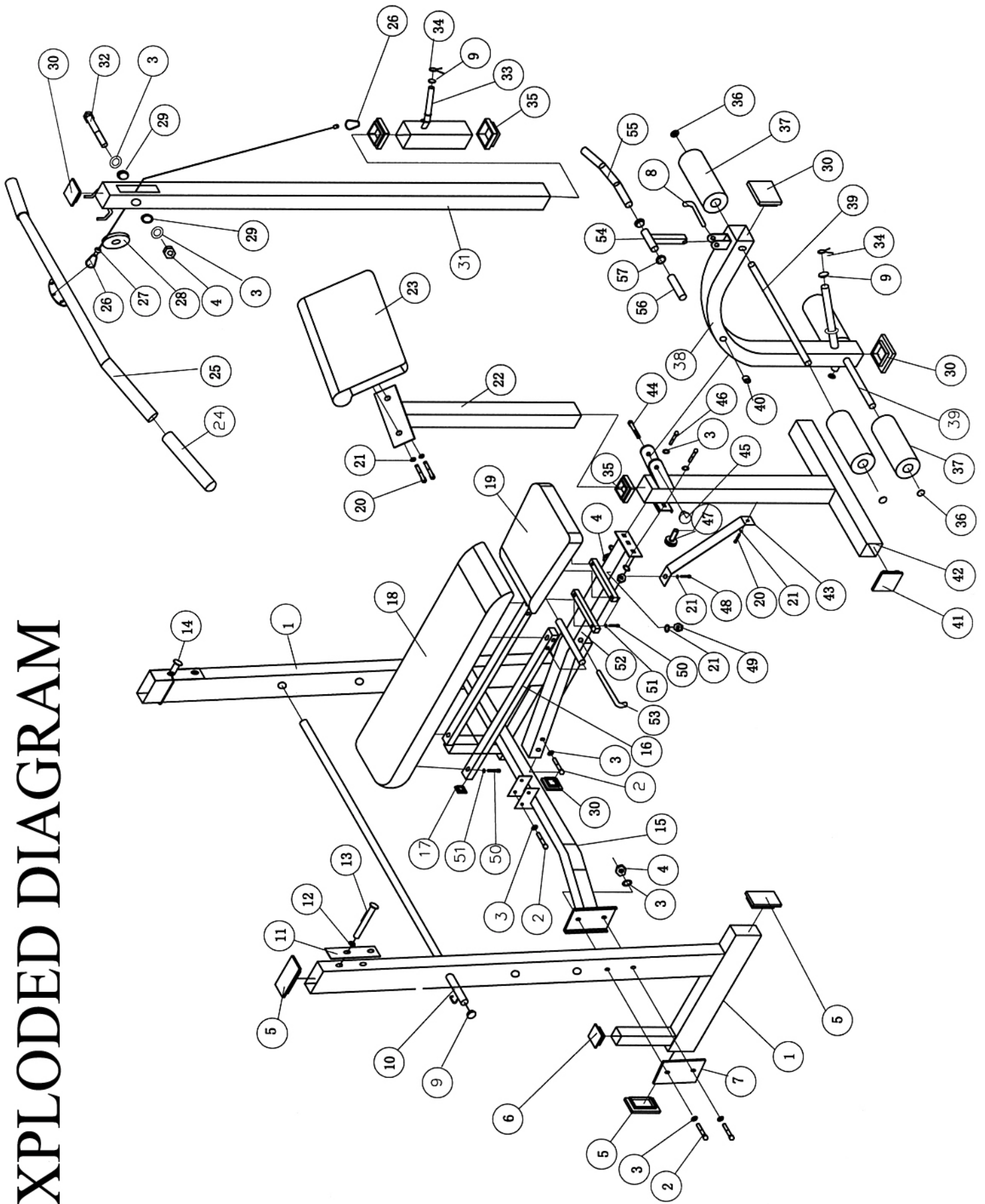
## STEP 5 (SEE Diagram 5)

- A.) Attach the ball end of the Cable (#27) to the Pulley (#28). Place the Pulley in the open slot on the Lat Bar Frame (#31). Secure it with one M10 x 2 1/8" Hex Bolt (#32), two Pulley Bushings (#29), two  $\varnothing$  3/4" Washers (#3), and one M10 Aircraft Nut (#4).
- B.) Slide the Weight Holder (#33) onto the Lat Bar Frame from the bottom. Connect the Cable to the Holder with a Hook (#26).
- C.) Connect the Lat Bar (#25) to the Cable with a Hook (#26). When using the Lat Pull Down, remove the Arm Curl and place it on the storage post behind the Rear Upright Beam. Then insert the Lat bar Frame into the opening on the Front Stabilizer.

**DIAGRAM 5**



# EXPLODED DIAGRAM



# PARTS LIST

<b>KEY NO.</b>	<b>DESCRIPTION</b>	<b>QUANTITY</b>
1	Rear Upright Beam	2
2	M10 x 2 3/8" Hex Bolt	6
3	Ø 3/4" Washer	18
4	M10 Aircraft Nut	9
5	1 5/8" x 3 1/8" Square End Cap	6
6	1 1/4" Square End Cap	2
7	Bracket	2
8	Short Lock Pin	1
9	Ø 1" Round End Cap	5
10	Backrest Adjustment Bar	1
11	Bar Catch Panel	2
12	Ø 3/4" Bar Catch End Cap	2
13	Right Bar Catch	1
14	Left Bar Catch	1
15	Cross Brace	1
16	Backrest Support	2
17	1" Square End Cap	2
18	Backrest Board	1
19	Seat	1
20	M8 x 3/4" Hex Bolt	3
21	Ø 5/8" Washer	5
22	Arm Curl Stand	1
23	Arm Curl Pad	1
24	Lat Bar Handle Grip	2
25	Lat Bar	1
26	Hook	2
27	Cable	1
28	Pulley	1
29	Pulley Bushing	2
30	1 1/2" Square End Cap	4
31	Lat Bar Frame	1
32	M10 x 2 1/8" Hex Bolt	1
33	Weight Holder	1
34	Spring Clip	2
35	Sleeve	3
36	Ø 1" Foam Roll End Cap	4
37	Foam Roll	4
38	Leg Developer	1
39	Foam Roll Tube	2
40	Plastic Bushing	2
41	1 3/4" Square End Cap	2
42	Front Stabilizer	1
43	Diagonal Support	1
44	Allen Socket Axle	1
45	Allen Socket Screw	1
46	M10 x 3/4" Hex Bolt	2
47	Knob Bolt	1
48	M8 x 2 1/8" Hex Bolt	1
49	M8 Aircraft Nut	1
50	M6 x 1 1/2" Hex Bolt	8
51	Ø 1/2" Washer	8
52	Main Seat Support	1
53	Long Lock Pin	1
54	Arm Curl Handle Support	1
55	Arm Curl Handle	1
56	Arm Curl Handle Grip	2
57	Ø 1 1/2" Spacer	2

# **IMPEX INC.**

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line [www.impex-fitness.com](http://www.impex-fitness.com)

IMPEX INC.  
14777 Don Julian  
City of Industry, CA 91746

### ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.  
**info@impex-fitness.com**

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase